

First	Surname	Age	Date	Race	Miles	Time	Formatted Time	Mins/mile	Age Cat	Calc Std		
David	Howard	43	01-Dec-13	Lakeside 5k	3.107	17.23	17:23	5.36	M40	1		PB
Paul	Mitchinson	34	29-Aug-13	6 Short Handicap	3.65	20.22	20:22	5.35	MS	2		PB
Zakaria	Lahlal	18	29-Aug-13	6 Short Handicap	3.65	21.05	21:05	5.47	MS	2		PB
Tom	Stott	19	28-Mar-13	1 Short Handicap	3.65	22.43	22:43	6.13	MS	3		PB
Phil	Green	40	29-Aug-13	6 Short Handicap	3.65	23.00	23:00	6.18	M40	2		PB
Simon	Turner	37	30-May-13	3 Short Handicap	3.65	24.03	24:03	6.35	M35	3		PB
David	Lown	35	25-Apr-13	2 Short Handicap	3.65	24.11	24:11	6.38	M35	3		PB
Emerson	Potter	38	25-Jul-13	5 Short Handicap	3.65	25.24	25:24	6.58	M35	4		PB
Adam	Pyke	31	26-Sep-13	7 Short Handicap	3.65	25.38	25:38	7.01	MS	4		PB
Andrew	Wright	50	30-May-13	3 Short Handicap	3.65	25.55	25:55	7.06	M50	3		PB
Mark	Hay	53	25-Apr-13	2 Short Handicap	3.65	25.56	25:56	7.06	M50	3		PB
Daryl	Babbington	30	26-Sep-13	7 Short Handicap	3.65	26.15	26:15	7.12	MS	4		PB
Tim	Cooper	45	25-Apr-13	2 Short Handicap	3.65	26.18	26:18	7.12	M45	3		PB
Harry	Lown	15	25-Jul-13	5 Short Handicap	3.65	26.43	26:43	7.19	MS	5		PB
John	Cowlin	41	26-Sep-13	7 Short Handicap	3.65	26.48	26:48	7.21	M40	4		PB
Peter	Roper	44	26-Sep-13	7 Short Handicap	3.65	27.32	27:32	7.33	M40	4		PB
Sarah	Swift	42	29-Aug-13	6 Short Handicap	3.65	27.48	27:48	7.37	W40	3		PB
Ali	Pirie	15	25-Apr-13	2 Short Handicap	3.65	27.59	27:59	7.40	WS	4		PB
Katie	Lewis	32	29-Aug-13	6 Short Handicap	3.65	29.47	29:47	8.10	WS	5		PB
Helen	Clarke	43	30-May-13	3 Short Handicap	3.65	30.15	30:15	8.17	W40	4		PB
Vicki	Turnbull	41	30-May-13	3 Short Handicap	3.65	30.17	30:17	8.18	W40	4		PB
Bart	Pirie	16	26-Sep-13	7 Short Handicap	3.65	30.31	30:31	8.22	MS			PB
Martin	Getcliffe	60	25-Apr-13	2 Short Handicap	3.65	30.42	30:42	8.25	M60	3		PB
Michelle	Cooke	33	26-Sep-13	7 Short Handicap	3.65	31.07	31:07	8.32	WS	5		PB
Roy	Marshall	56	28-Mar-13	1 Short Handicap	3.65	31.43	31:43	8.41	M55	4		PB
Clariece	Warrior	33	26-Sep-13	7 Short Handicap	3.65	31.45	31:45	8.42	WS	5		PB
Donna	Reid	35	28-Mar-13	1 Short Handicap	3.65	32.31	32:31	8.55	W35	5		PB
Kerry	Adaway	29	29-Aug-13	6 Short Handicap	3.65	33.17	33:17	9.07	WS			PB
Kelly	Owens	40	25-Apr-13	2 Short Handicap	3.65	34.06	34:06	9.21	W40	5		PB
Liz	Phelps	65	30-May-13	3 Short Handicap	3.65	36.26	36:26	9.59	W65	3		PB
Holly	Walker	35	30-May-13	3 Short Handicap	3.65	36.48	36:48	10.05	W35			PB
John	Brothers	80	27-Jun-13	4 Short Handicap	3.65	37.08	37:08	10.10	M80	2		PB
Andrea	Collier	38	26-Sep-13	7 Short Handicap	3.65	37.45	37:45	10.21	W35			PB
Bridget	Main	46	25-Apr-13	2 Short Handicap	3.65	38.03	38:03	10.25	W45			PB
Tania	Lee	49	30-May-13	3 Short Handicap	3.65	38.24	38:24	10.31	W45			PB
Jenny	Lown	34	28-Mar-13	1 Short Handicap	3.65	39.48	39:48	10.54	WS			PB
Paul	Mitchinson	34	15-Sep-13	Victory 5	5	28.22	28:22	5.40	MS	2		PB
Zakaria	Lahlal	18	07-Sep-13	Overton 5	5	29.13	29:13	5.51	MS	2		PB
Tom	Stott	19	12-Jun-13	Hayling Billy 5	5	32.01	32:01	6.24	MS	3		PB
Simon	Turner	37	12-Jun-13	Hayling Billy 5	5	33.33	33:33	6.43	M35	3		PB
Jo	Gilholm	43	15-Sep-13	Victory 5	5	34.57	34:57	6.59	W40	2		PB
Mark	Griffiths	40	12-Jun-13	Hayling Billy 5	5	35.54	35:54	7.11	M40	4		PB
Adam	Yarnold	35	12-Jun-13	Hayling Billy 5	5	36.26	36:26	7.17	M35	4		PB
Andrew	Wright	50	07-Sep-13	Overton 5	5	36.35	36:35	7.19	M50	3		PB
Beth	Pirie	42	16-Jun-13	Purbrook Ladies 5	5	37.07	37:07	7.25	W40	3		PB
Sarah	Swift	42	16-Jun-13	Purbrook Ladies 5	5	37.11	37:11	7.26	W40	3		PB
Ali	Pirie	15	19-Jun-13	Midsummer 5	5	38.18	38:18	7.40	WS	4		PB
Richard	Westbrook	52	15-Sep-13	Victory 5	5	38.18	38:18	7.40	M50	3		PB
Daryl	Babbington	30	12-Jun-13	Hayling Billy 5	5	38.45	38:45	7.45	MS	5		PB
John	Cowlin	41	15-Sep-13	Victory 5	5	38.52	38:52	7.46	M40	4		PB
Leo	Harding	26	12-Jun-13	Hayling Billy 5	5	39.21	39:21	7.52	MS	5		PB
Katie	Lewis	32	15-Sep-13	Victory 5	5	39.54	39:54	7.59	WS	4		PB
Helen	Clarke	43	12-Jun-13	Hayling Billy 5	5	42.46	42:46	8.33	W40	4		PB
Debbie	Westbrook	48	15-Sep-13	Victory 5	5	44.44	44:44	8.57	W45	4		PB
Kerry	Adaway	29	12-Jun-13	Hayling Billy 5	5	47.41	47:41	9.32	WS			PB

Michelle	Cooke	33	15-Sep-13	Victory 5	5	47.53	47:53	9.35	WS		PB
Jenny	Lown	34	15-Sep-13	Victory 5	5	48.52	48:52	9.46	WS		PB
Christine	White	41	15-Sep-13	Victory 5	5	48.53	48:53	9.47	W40		PB
Maria	Lush	57	15-Sep-13	Victory 5	5	50.03	50:03	10.01	W55	4	PB
Gerry	Rock	56	15-Sep-13	Victory 5	5	50.10	50:10	10.02	W55	4	PB
Bridget	Main	46	12-Jun-13	Hayling Billy 5	5	54.38	54:38	10.56	W45		PB
Andrea	Collier	37	12-Jun-13	Hayling Billy 5	5	56.07	56:07	11.13	W35		PB
John	Brothers	80	12-Jun-13	Hayling Billy 5	5	56.27	56:27	11.17	M80	3	PB
Daniel	Bailey	21	20-Jan-13	Stubbington 10k	6.214	33.16	33:16	5.21	MS	1	PB
Paul	Mitchinson	33	24-Mar-13	Eastleigh 10k	6.214	34.56	34:56	5.37	MS	1	PB
Russ	Coleman	35	24-Mar-13	Eastleigh 10k	6.214	35.20	35:20	5.41	M35	1	PB
Simon	Turner	37	24-Mar-13	Eastleigh 10k	6.214	41.51	41:51	6.44	M35	3	PB
David	Lown	35	24-Mar-13	Eastleigh 10k	6.214	42.14	42:14	6.48	M35	3	PB
Jo	Gilholm	43	24-Mar-13	Eastleigh 10k	6.214	43.37	43:37	7.01	W40	2	PB
Adam	Yarnold	34	20-Jan-13	Stubbington 10k	6.214	44.19	44:19	7.08	MS	4	PB
Chris	Lowder	37	20-Jan-13	Stubbington 10k	6.214	44.41	44:41	7.11	M35	4	PB
Mark	Griffiths	40	09-Jun-13	D Day 10k	6.214	44.57	44:57	7.14	M40	3	PB
Andrew	Wright	50	09-Jun-13	D Day 10k	6.214	45.13	45:13	7.17	M50	3	PB
Sarah	Swift	42	24-Mar-13	Eastleigh 10k	6.214	45.52	45:52	7.23	W40	3	PB
John	Cowlin	40	24-Mar-13	Eastleigh 10k	6.214	47.52	47:52	7.42	M40	4	PB
Richard	Westbrook	51	20-Jan-13	Stubbington 10k	6.214	48.27	48:27	7.48	M50	3	PB
Mark	Roberts	33	24-Mar-13	Eastleigh 10k	6.214	50.46	50:46	8.10	MS		PB
Ali	Pirie	15	24-Mar-13	Eastleigh 10k	6.214	50.52	50:52	8.11	WS	4	PB
Helen	Clarke	43	20-Jan-13	Stubbington 10k	6.214	51.27	51:27	8.17	W40	4	PB
Roy	Marshall	55	20-Jan-13	Stubbington 10k	6.214	53.10	53:10	8.33	M55	4	PB
Keith	Leishman	50	19-May-13	Bognor Prom 10k	6.214	54.27	54:27	8.46	M50	5	PB
Jackie	Yarnold	64	20-Jan-13	Stubbington 10k	6.214	55.43	55:43	8.58	W60	2	PB
Maria	Lush	57	24-Mar-13	Eastleigh 10k	6.214	63.14	1:03:14	10.11	W55	4	PB
Christine	White	41	24-Mar-13	Eastleigh 10k	6.214	63.14	1:03:14	10.11	W40		PB
Bridget	Main	46	24-Mar-13	Eastleigh 10k	6.214	64.32	1:04:32	10.23	W45		PB
Zakaria	Lahlal	18	08-Aug-13	5 Long Handicap	7.65	50.26	50:26	6.36	MS	3	PB
Tom	Stott	19	11-Apr-13	1 Long Handicap	7.65	51.44	51:44	6.46	MS	3	PB
Phil	Green	40	12-Sep-13	6 Long Handicap	7.65	52.07	52:07	6.49	M40	3	PB
Mark	Roberts	34	12-Sep-13	6 Long Handicap	7.65	52.23	52:23	6.51	MS	4	PB
Mark	Griffiths	41	12-Sep-13	6 Long Handicap	7.65	52.32	52:32	6.52	M40	3	PB
Simon	Turner	37	16-May-13	2 Long Handicap	7.65	53.44	53:44	7.01	M35	3	PB
David	Lown	35	11-Apr-13	1 Long Handicap	7.65	54.46	54:46	7.10	M35	4	PB
Jo	Gilholm	43	16-May-13	2 Long Handicap	7.65	56.02	56:02	7.19	W40	2	PB
Emerson	Potter	38	08-Aug-13	5 Long Handicap	7.65	56.03	56:03	7.20	M35	4	PB
Mark	Hay	53	13-May-13	2 Long Handicap	7.65	56.52	56:52	7.26	M50	3	PB
Andrew	Wright	50	11-Jul-13	4 Long Handicap	7.65	57.07	57:07	7.28	M50	3	PB
Tim	Cooper	45	11-Jul-13	4 Long Handicap	7.65	58.47	58:47	7.41	M45	4	PB
John	Cowlin	41	12-Sep-13	6 Long Handicap	7.65	59.23	59:23	7.46	M40	4	PB
Harry	Lown	15	11-Jul-13	4 Long Handicap	7.65	60.21	1:00:21	7.53	MS	5	PB
Peter	Roper	43	11-Apr-13	1 Long Handicap	7.65	61.51	1:01:51	8.05	M40	5	PB
Daryl	Babbington	30	11-Apr-13	1 Long Handicap	7.65	62.58	1:02:58	8.14	MS		PB
Ali	Pirie	15	13-Jun-13	3 Long Handicap	7.65	63.21	1:03:21	8.17	WS	4	PB
Katie	Lewis	32	12-Sep-13	6 Long Handicap	7.65	64.52	1:04:52	8.29	WS	5	PB
Graham	Rutland	63	11-Apr-13	1 Long Handicap	7.65	65.27	1:05:27	8.33	M60	3	PB
Martin	Getcliffe	60	13-Jun-13	3 Long Handicap	7.65	67.15	1:07:15	8.47	M60	4	PB
Keith	Leishman	50	11-Apr-13	1 Long Handicap	7.65	69.32	1:09:32	9.05	M50	5	PB
Bridget	Main	46	11-Apr-13	1 Long Handicap	7.65	85.22	1:25:22	11.10	W45		PB
Paul	Mitchinson	34	03-Nov-13	Lordshill 10m	10	57.50	57:50	5.47	MS	1	PB
Zakaria	Lahlal	18	24-Nov-13	Hayling 10m	10	59.33	59:33	5.57	MS	2	PB
Mark	Griffiths	41	03-Nov-13	Lordshill 10m	10	67.33	1:07:33	6.45	M40	3	PB
Phil	Green	40	27-Oct-13	Great South Run	10	70.53	1:10:53	7.05	M40	3	PB
Simon	Turner	38	24-Nov-13	Hayling 10m	10	70.58	1:10:58	7.06	M35	3	PB
Matthew	Holness	29	24-Nov-13	Hayling 10m	10	72.31	1:12:31	7.15	MS	4	PB
Jo	Gilholm	43	03-Nov-13	Lordshill 10m	10	72.49	1:12:49	7.17	W40	2	PB
Chris	Lowder	38	27-Oct-13	Great South Run	10	77.43	1:17:43	7.46	M35	4	PB

John	Cowlin	41	03-Nov-13	Lordshill 10m	10	77.54	1:17:54	7.47	M40	4	PB
Tim	Cooper	45	03-Nov-13	Lordshill 10m	10	78.32	1:18:32	7.51	M45	4	PB
Daryl	Babbington	30	24-Nov-13	Hayling 10m	10	78.38	1:18:38	7.52	MS	5	PB
Beth	Pirie	42	03-Feb-13	Ryde 10M	10	80.27	1:20:27	8.03	W40	3	PB
Richard	Westbrook	52	27-Oct-13	Great South Run	10	80.49	1:20:49	8.05	M50	4	PB
Helen	Clarke	43	10-Mar-13	Salisbury 10	10	83.59	1:23:59	8.24	W40	4	PB
Katie	Lewis	32	03-Nov-13	Lordshill 10m	10	84.19	1:24:19	8.26	WS	5	PB
Helen	Whiting	29	03-Nov-13	Lordshill 10m	10	89.22	1:29:22	8.56	WS	5	PB
Donna	Reid	35	03-Feb-13	Ryde 10M	10	93.04	1:33:04	9.18	W35	5	PB
Kerry	Adaway	29	24-Nov-13	Hayling 10m	10	95.22	1:35:22	9.32	WS		PB
Michelle	Cooke	33	24-Nov-13	Hayling 10m	10	98.35	1:38:35	9.51	WS		PB
Holly	Walker	36	24-Nov-13	Hayling 10m	10	98.51	1:38:51	9.53	W35		PB
Clariece	Warrior	33	27-Oct-13	Great South Run	10	99.28	1:39:28	9.57	WS		PB
Allison	Lowder	37	27-Oct-13	Great South Run	10	101.27	1:41:27	10.09	W35		PB
Maria	Lush	57	24-Nov-13	Hayling 10m	10	103.16	1:43:16	10.20	W55	4	PB
Mary	Short	53	24-Nov-13	Hayling 10m	10	112.40	1:52:40	11.16	W50		PB
Bridget	Main	47	27-Oct-13	Great South Run	10	119.33	1:59:33	11.57	W45		PB
Paul	Mitchinson	34	17-Nov-13	Gospport Half	13.1	77.16	1:17:16	5.54	MS	1	PB
Jo	Gilholm	43	17-Nov-13	Gospport Half	13.1	96.57	1:36:57	7.24	W40	2	PB
Chris	Lowder	37	17-Feb-13	Portsmouth Coastal Half Mar`	13.1	100.48	1:40:48	7.42	M35	4	PB
Tim	Cooper	45	17-Nov-13	Gospport Half	13.1	102.30	1:42:30	7.49	M45	4	PB
Andrew	Wright	50	17-Mar-13	Fleet Half Marathon	13.1	105.37	1:45:37	8.04	M50	3	PB
John	Cowlin	41	17-Nov-13	Gospport Half	13.1	106.41	1:46:41	8.09	M40	4	PB
Beth	Pirie	42	17-Feb-13	Portsmouth Coastal Half Mar`	13.1	107.31	1:47:31	8.12	W40	3	PB
Richard	Westbrook	52	17-Nov-13	Gospport Half	13.1	108.15	1:48:15	8.16	M50	4	PB
Katie	Lewis	32	13-Oct-13	Solent Half	13.1	116.08	1:56:08	8.52	WS	5	PB
Sophie	Needham	28	17-Nov-13	Gospport Half	13.1	117.42	1:57:42	8.59	WS	5	PB
Peter	Bone	59	17-Nov-13	Gospport Half	13.1	119.02	1:59:02	9.05	M55	4	PB
Helen	Clarke	44	17-Nov-13	Gospport Half	13.1	120.13	2:00:13	9.11	W40	4	PB
Donna	Reid	35	17-Feb-13	Portsmouth Coastal Half Mar`	13.1	124.24	2:04:24	9.30	W35	5	PB
Maria	Lush	57	17-Nov-13	Gospport Half	13.1	133.33	2:13:33	10.12	W55	4	PB
Christine	White	41	17-Nov-13	Gospport Half	13.1	138.36	2:18:36	10.35	W40		PB
Mary	Short	53	17-Nov-13	Gospport Half	13.1	148.29	2:28:29	11.20	W50		PB
Paul	Mitchinson	33	17-Feb-13	Bramley 20M	20	127.13	2:07:13	6.22	MS	2	PB
Beth	Pirie	42	03-Mar-13	Surrey Spitfire 20	20	175.10	2:55:10	8.46	W40	4	PB
Malcolm	Hagan	52	17-Feb-13	Bramley 20M	20	181.11	3:01:11	9.04	M50	4	PB
Paul	Mitchinson	33	14-Apr-13	Brighton Marathon	26.2	177.14	2:57:14	6.46	MS	2	PB
Alasdair	Helliwell	31	14-Apr-13	Brighton Marathon	26.2	189.15	3:09:15	7.13	MS	3	PB
Mark	Griffiths	41	29-Sep-13	Berlin Marathon	26.2	209.38	3:29:38	8.00	M40	4	PB
Beth	Pirie	42	06-May-13	Belfast Marathon	26.2	227.36	3:47:36	8.41	W40	3	PB
Belinda	Harding	53	21-Apr-13	London Marathon	26.2	235.51	3:55:51	9.00	W50	3	PB
Ian	Stott	49	22-Dec-13	Coastal Marathon	26.2	239.04	3:59:04	9.07	M45	5	PB
John	Cowlin	41	22-Dec-13	Coastal Marathon	26.2	270.00	4:30:00	10.18	M40		PB
Lisa	Anderson	38	22-Dec-13	Coastal Marathon	26.2	274.00	4:34:00	10.27	W35		PB
Katie	Lewis	32	22-Dec-13	Coastal Marathon	26.2	278.20	4:38:20	10.37	WS		PB
Helen	Clarke	44	22-Dec-13	Coastal Marathon	26.2	281.14	4:41:14	10.44	W40		PB
Adam	Yarnold	34	14-Apr-13	Brighton Marathon	26.2	283.47	4:43:47	10.50	MS		PB
John	Russell	60	22-Dec-13	Coastal Marathon	26.2	292.28	4:52:28	11.10	M60	5	PB
Jodie	Swaine	45	21-Apr-13	London Marathon	26.2	294.42	4:54:42	11.15	W45		PB
Jackie	Yarnold	65	14-Apr-13	Brighton Marathon	26.2	303.16	5:03:16	11.35	W65	4	PB
Donna	Reid	35	14-Apr-13	Brighton Marathon	26.2	303.37	5:03:37	11.35	W35		PB
Ann	Mann	50	14-Apr-13	Brighton Marathon	26.2	395.57	6:35:57	15.07	W50		PB